



The Paula Cassin Learning Centre

300 New Toronto Street, Unit 1 • Toronto, ON, M8V 2E8 • 416.789.7806

Fall Programs: October 3 – December 30, 2017



Let's Be Healthy (Tuesdays 10:00 am – 12:00 pm)

You will begin with a discussion on healthy eating - including tips to make healthy eating easier, Canada's Food Guide and the benefits of certain foods. You will then put your learning into practice and prepare a healthy meal.

My Computer and I (Tuesdays 1:00 - 2:00 pm)

You will work on your individual goals around learning to use the computer. You will have access to your own computer during the program time and you will have your own binder dedicated to information relevant to your learning

Vegetarian Chef (Wednesdays 10:30 am -12:00 pm)

You will enhance your existing cooking skills, as well as, learn new ones in the kitchen. The focus is on vegetarian cooking. You will enjoy the meal together afterwards and take any leftovers home.

Exercise (Wednesdays 10:30 am – 12:00 pm)

You will be working different parts of your body while participating in stretching, building muscle and cardio exercises. In addition there will be group physical activities to promote team work, attention/concentration and relationship building.

Movie Time (Wednesdays 1:00 pm - 3:30 pm)

Enjoy a movie and refreshments with your peers! The group will pick the movie. Alternate weeks - you will enjoy a movie at the Cineplex Odeon Queensway theatre. Admission is covered; you just have to pay for your refreshments.

Peer Connections (Thursdays 11:00 am -12:00 pm)

You will connect with your peers through discussing current events and/or sharing individual experiences. You are encouraged to come prepared with topics – that you have an interest in.

Arts and Crafts (Thursdays 1:00 - 3:00 pm)

You will work on a variety of arts and craft projects. The projects will be pre-planned and all materials are provided. If you prefer to work on independent projects, you are also welcome.

The Bakery Club (Fridays 10:30 am - 12:00 pm)

You will enhance your existing baking skills, as well as, learn new skills in the kitchen. The focus is on making pastries and desserts. You will enjoy the goodies together afterwards and take any leftovers home.

Music (Fridays 1:00 - 2:00 pm)

In this session you will have a chance to express yourself through music. You will be able to dance and sing along with popular songs. Words to the songs, if possible, will be on a screen so everyone can follow along.

Mindfulness (Saturdays 10:30 am - 12:00 pm)

This workshop is designed to provide you with tools and resources to help you manage emotions such as anxiety, sadness, and frustration. It will also provide an open forum for sharing thoughts and feelings and encourage journaling as a way of personal expression.

Around the World in 12 Weeks (Saturdays 10:30 am - 12:00 pm)

Celebrate Canada's diversity by learning about different cultures. There will be lots of pictures shared and you will learn plenty of interesting information about nations from around the world.

Exercise (Saturdays 1:00 – 2:00 pm)

Due to the popularity of this program – this is the same program that is offered on Wednesdays.



Let's Communicate (Saturdays 1:00 – 2:00 pm)

You will learn about effective ways to communicate with others including different types/styles of communication, communicating in difficult situations, communicating after a brain injury and more.